

Sacred Vine Of Spirits Ayahuasca

Richard M. Doyle

Sacred Vine Of Spirits Ayahuasca:

Sacred Vine of Spirits: Ayahuasca Ralph Metzner, Ph.D., 2005-11-22 A compilation of writings on the chemical biological psychological and experiential dimensions of Ayahuasca Includes 24 firsthand accounts of Ayahuasca experiences and resulting life changes including contributions from J C Callaway Charles S Grob and Dennis J McKenna Discusses the medical and psychological applications of Ayahuasca Ayahuasca is a hallucinogenic Amazonian plant mixture that has been used for hundreds perhaps thousands of years by native Indian and mestizo shamans in Peru Colombia and Ecuador for healing and divination Many Western trained physicians and psychologists have acknowledged that this substance can allow access to spiritual dimensions of consciousness even mystical experiences indistinguishable from classic religious mysticism In Sacred Vine of Spirits Ayahuasca Ralph Metzner a pioneer in the study of consciousness has assembled a group of authoritative contributors who provide an exploration of the chemical biological psychological and experiential dimensions of avahuasca He begins with more than 20 firsthand accounts from Westerners who have used avahuasca and then presents the history psychology and chemistry of ayahuasca from leading scholars in the field of psychoactive research He concludes with his own findings on ayahuasca including its applications in medicine and psychology and compares the worldview revealed by ayahuasca visions to that of Western cultures Sacred Vine of Spirits: Avahuasca Ralph Metzner, 2005-11-22 A compilation of writings on the chemical biological psychological and experiential dimensions of Ayahuasca Includes 24 firsthand accounts of Ayahuasca experiences and resulting life changes including contributions from J C Callaway Charles S Grob and Dennis J McKenna Discusses the medical and psychological applications of Ayahuasca Ayahuasca is a hallucinogenic Amazonian plant mixture that has been used for hundreds perhaps thousands of years by native Indian and mestizo shamans in Peru Colombia and Ecuador for healing and divination Many Western trained physicians and psychologists have acknowledged that this substance can allow access to spiritual dimensions of consciousness even mystical experiences indistinguishable from classic religious mysticism In Sacred Vine of Spirits Ayahuasca Ralph Metzner a pioneer in the study of consciousness has assembled a group of authoritative contributors who provide an exploration of the chemical biological psychological and experiential dimensions of ayahuasca He begins with more than 20 firsthand accounts from Westerners who have used ayahuasca and then presents the history psychology and chemistry of ayahuasca from leading scholars in the field of psychoactive research He concludes with his own findings on ayahuasca including its applications in medicine and psychology and compares the worldview revealed by ayahuasca visions to that of Western cultures The **Ayahuasca Experience** Ralph Metzner, 2014-03-02 An exploration of the chemical biological psychological and experiential dimensions of ayahuasca Details the scientific discovery of ayahuasca's sophisticated psychoactive delivery system in the brain and body and its potential applications in medicine and psychology Includes contributions from Dennis I McKenna Ph D J C Callaway Ph D and Charles S Grob M D on the ethnopharmacology psychology phytochemistry and neuropharmacology of

ayahuasca Provides 24 firsthand accounts of ayahuasca experiences and resulting life changes Widely recognized by anthropologists as the most powerful and widespread shamanic hallucinogen ayahuasca has been used by native Indian and mestizo shamans in Peru Colombia and Ecuador for healing and divination for thousands of years Made from the Amazonian vine Banisteriopsis caapi and the DMT laden leaf of Psychotria viridis ayahuasca is regarded as the embodiment of intelligent plant beings who can offer spiritual teachings and healing knowledge to those who respectfully engage with them Many Western trained physicians and psychologists now acknowledge that ayahuasca allows access to spiritual dimensions of consciousness otherworldly realms and beings and visionary experiences indistinguishable from classic religious mysticism With contributions from leading psychoactive scholars Dennis J McKenna Ph D Charles S Grob M D and J C Calloway Ph D on the ethnopharmacology psychology phytochemistry and neuropharmacology of ayahuasca Ralph Metzner provides a comprehensive exploration of the chemical biological psychological and experiential dimensions of this Amazonian hallucingen He includes more than 20 firsthand accounts from people who have participated in ayahuasca rituals and experienced major life changes as a result He details the scientific discovery of ayahuasca's sophisticated psychoactive delivery system in the brain and body as well as the deep psychological impact of this potent entheogen He concludes with his own findings on ayahuasca including its applications in medicine and psychology and compares the worldview revealed by ayahuasca visions to that of modern cultures The Avahuasca Experience Ralph Metzner, 2014-03-02 An exploration of the chemical biological psychological and experiential dimensions of avahuasca Details the scientific discovery of avahuasca s sophisticated psychoactive delivery system in the brain and body and its potential applications in medicine and psychology Includes contributions from Dennis J McKenna Ph D J C Callaway Ph D and Charles S Grob M D on the ethnopharmacology psychology phytochemistry and neuropharmacology of ayahuasca Provides 24 firsthand accounts of ayahuasca experiences and resulting life changes Widely recognized by anthropologists as the most powerful and widespread shamanic hallucinogen ayahuasca has been used by native Indian and mestizo shamans in Peru Colombia and Ecuador for healing and divination for thousands of years Made from the Amazonian vine Banisteriopsis caapi and the DMT laden leaf of Psychotria viridis ayahuasca is regarded as the embodiment of intelligent plant beings who can offer spiritual teachings and healing knowledge to those who respectfully engage with them Many Western trained physicians and psychologists now acknowledge that ayahuasca allows access to spiritual dimensions of consciousness otherworldly realms and beings and visionary experiences indistinguishable from classic religious mysticism With contributions from leading psychoactive scholars Dennis J McKenna Ph D Charles S Grob M D and J C Calloway Ph D on the ethnopharmacology psychology phytochemistry and neuropharmacology of ayahuasca Ralph Metzner provides a comprehensive exploration of the chemical biological psychological and experiential dimensions of this Amazonian hallucinogen He includes more than 20 firsthand accounts from people who have participated in ayahuasca rituals and experienced major life changes as a result He details the scientific

discovery of ayahuasca's sophisticated psychoactive delivery system in the brain and body as well as the deep psychological impact of this potent entheogen He concludes with his own findings on ayahuasca including its applications in medicine and psychology and compares the worldview revealed by ayahuasca visions to that of modern cultures Avahuasca as Liquid Divinity André van der Braak, 2023-05-15 Ayahuasca often yields transformative experiences that merge such familiar categories as the sacred and the secular transcendence and immanence subject and object and the human and the nonhuman However such experiences are interpreted differently by Western and indigenous discourses Using the work of French philosopher Bruno Latour Andr van der Braak asks fundamental ontological questions in order to reimagine ayahuasca as liquid divinity shifting the focus from ayahuasca experiences to ayahuasca based ritual practices that aim to cultivate relationships with more than human powers described by Latour as beings of transformation and religion Ayahuasca as Liquid Divinity An Ontological Approach describes Santo Daime practices as a contemporary form of theurgy god work as defined by the third century Platonic philosopher and mystagogue Iamblichus Theurgical practices aim at drawing down divine action through ritual procedures using the imagination as an active faculty Van der Braak argues that ayahuasca religiosity is ultimately not about individual recreation or healing or even personal visions but rather about engaging in communal transformative ecodelic practices that let us work as companions of the gods in order to practice solidarity with all Sacred Mushroom of Visions: Teonanácatl Ralph Metzner, 2005-07-25 Over 30 contributors share their sentient beings expertise on the chemical biological cultural psychological and experiential dimensions of psilocybin mushrooms Describes in vivid detail the consciousness expanding experiences of psychoactive mushroom users Provides firsthand accounts of the controversial Harvard Psilocybin Project including the Concord Prison and Good Friday studies Teonan catl was the name given to the visionary mushrooms used in ancient Mesoamerican shamanic ceremonies mushrooms that contain psilocybin the psychoactive agent identified by Swiss chemist Albert Hofmann the discoverer of LSD The rediscovery of these visionary mushrooms by the Mazatec healer Maria Sabina and mycologist R Gordon Wasson ignited a worldwide mushroom culture that inspired the consciousness revolution of the 1960s This book describes in vivid detail the consciousness expanding experiences of psychoactive mushroom users from artists to psychologists and the healing visionary inspiration they received It provides firsthand accounts of studies performed in the controversial Harvard Psilocybin Project including the Concord Prison study and the Good Friday study It describes how the use of the psilocybe mushroom spread from the mountains of Mexico into North America Asia and Europe by seekers of consciousness expanding experiences It also details how psilocybin has been used since the 1960s in psychotherapy prisoner rehabilitation the enhancement of creativity and the induction of mystical experiences and is being studied as a treatment for obsessive compulsive disorder OCD Can Psychedelic Therapies open a New Frontier in Mental Healthcare (Or Will the Bubble Burst?) Antonio Metastasio, Graham Outside of Time: A Campbell, Renee Harvey, Peter Schuyler Hendricks, Joanna Caroline Neill, Katrin H. Preller, 2022-09-05

Woman's Exploration Within the Confines of Forever Jessie Shaw, 2017-03-05 Outside of Time sources from the author's shamanic and Chinese medicine studies along with Jean Gebser's philosophic detailing of states of consciousness in his treatise The Ever Present Origin The story entails wild Peruvian adventures and liberal pinches of plant medicine contrasted against a backdrop of life in New York City The book brings Gebser's consciousness states to life which serve to illuminate its heroine s path to greater self realization and wholeness Future Primal Louis G. Herman, 2013 To address global political unrest and ecological collapse political science professor Herman presents ways to incorporate the wisdom of the hunter gatherer culture of the San Bushmen of southern Africa into modern Western culture **Psychedelic Marine** Alex Seymour, 2016-08-15 A vivid portrait of both the traumas of war and the shamanic healing ceremonies of ayahuasca Explains how our culture lacks rites of passage and how shamanic ritual can fill this gap Reveals how ayahuasca frees your consciousness from inherited beliefs fears and traumatic experience allowing healing from PTSD enabling genuine growth and offering an enlightening path out of the malaise discontent and dissatisfaction that life in a modern world often brings Details the author's experiences in Afghanistan sailing on the Amazon river with a shaman and the many ayahuasca ceremonies he experienced in the jungle After returning from a tour of duty during the war in Afghanistan Alex Seymour needed a way to cope with the extremes he experienced as a member of the Royal Marine Commandos losing 7 men in his unit and having his best friend critically injured by a Taliban bomb Drawing upon his pre deployment experiences Alex knew that entheogens could help him release his fears and traumas But he also knew that simply taking psychedelics wasn t enough he needed ceremony something sacred to draw meaning from his experiences to help him reassess not only the war and his role in it but his entire life So he set out for the Amazon in search of the hallucinogenic brew known as ayahuasca and a shaman to guide him The result is a crazy page turning adventure where he journeys deep into the jungle and himself Alex soon finds himself deep within the jungle on an incredible adventure sailing on the Amazon river with an ayahuasca shaman and his troop of 8 female shamanas whose ethereal songs help guide participants during the nightly ayahuasca ceremonies Accompanied by others seeking wisdom and a redemptive experience from their First World professional lives Alex finds his core beliefs fundamentally challenged replaced by the power of direct experience of the sacred which allows him to release his fears from the war and set an inspiring path for the future Painting a vivid portrait of both the anguish of war and the transcendent world of shamanic ritual the author shows how young people often enlist in the military to satisfy our human need for a rite of passage into adulthood a ritual sorely missing in our culture He explores how ayahuasca can offer a way to help soldiers prepare for war and help combat veterans heal from war and overcome PTSD as well as alcoholism and addiction From Afghanistan to the Amazon the author shows how ayahuasca frees your consciousness from inherited beliefs and fears offering a truly transformative rite of passage The Psychedelic Renaissance Ben Sessa, 2020-10-29 Praise for Second Edition of The Psychedelic Renaissance Onward intrepid explorer keep your wits while

allowing them to be tickled as Dr Sessa leads you into a world of remarkable wonders You are in for a real treat Robin Carhart Harris This new book is a succinct entertaining overview of the emerging Psychedelic Renaissance written by an insider and one of the brightest young architects of this new emerging paradigm Dr Dennis J McKenna With intelligence fact based optimism and compassion Sessa throws open the doors of perception and guides the reader through the complexities of the history pharmacology legality and potential of these miraculous molecules Andy Roberts This new edition of Sessa's The Psychedelic Renaissance will encourage researchers to work in this field to the benefit of our understanding of how the brain works and to develop new approaches to psychiatric disorders David Nutt Dr Ben Sessa prescribes a way forward mainstreaming psychedelics for a world in deep need of spirituality and inspiration The Psychedelic Renaissance is a book that deserves to be widely read Rick Doblin Ben Sessa's energetic review of the research and cultural use of psychedelics provides a unique perspective The way forward is clear we urgently need more scientific research and a rational reform of drug policies Amanda Feilding The Psychedelic Renaissance will inevitably and rightly be seen as an important marker of their assimilation into the cultural mainstream I highly recommend it Ralph Metzner Dr Sessa skilfully chronicles important developments perhaps a turning point in psychiatry and in the understanding of psychedelics in the wider culture This new updated edition of The Psychedelic Renaissance is informative entertaining and timely Michael Mithoefer of Ayahuasca Alex Polari de Alverga, 2010-10-19 An insider s experience and personal transformation with ayahuasca and the religious philosophy surrounding it An intimate account of the genesis of the Santo Daime tradition Edited and introduced by Stephen Larsen author of The Shaman's Doorway In search of something to restore his spiritual connection to life after his release from captivity as a political prisoner in Brazil Alex Polari de Alverga had a transformative encounter with Padrinho Sebastiao Mota de Mela one of the two revered founders of Santo Daime A potent synthesis of Christianity and indigenous Amazonian practices of entheogen use mediumship and healing the Santo Daime church provided Alverga with an alternative to his disillusionment with modern society His quest for spiritual initiation eventually led him deep into the heart of the rain forest to Mapi one of the spiritual centers of Santo Daime where he became a teacher and leader of the Daime community The Religion of Ayahuasca is a story of a classic spiritual encounter comparable to the Tibetan Saint Milarepa s search for his teacher Marpa It is also an intimate account of the genesis of an important religious tradition from its modest beginnings in Brazil to its growth throughout the world offering an inside look at the spiritually centered village of Mapi a model for communities in the 21st century and at the religious leader who helped create it Providing insight into the spiritual path the Daime offers Alverga s tale reveals the new depths of Being made available through the sacred use of ayahuasca

Ayahuasca Reader Steven F. White,2000 The AYAHUASCA READER is a four part celebration of a sacred plant which grows in the Amazon rainforest and which throughout the rainforest history has been instrumental in allowing medicine men and others to leave their bodies behind and travel with their souls Their experiences and the invaluable information they

return with are so impressive that many anthropologists have felt the inclination to question them about these trips and the mythologies of their ancestors regarding them Hence part one of the AYAHUASCA READER consists of information divulged in such interviews Part two consists of essays by or about the scientists themselves upon experiencing Ayahuasca in ceremonial settings Part three discusses the use of Ayahuasca as a present day religious sacrament and finally in part four well known celebrities from the literary world discuss their experience of Ayahuasca All of this renders the AYAHUASCA READER the most comprehensive collection ever written on the subject with essays translated from nearly a dozen languages The many contributors include Francoise Barbira Freedman Wade Davis Philippe Descola Allen Ginsberg Jean Langdon Peter Matthiessen Dennis McKenna W S Merwin Richard Spruce Gerardo Reichel Dolmatoff Mario Vargas Llosa and more As the myths within confirm Ayahuasca has been a means of reconnecting with the invisible layers of the cosmos for millennia Not surprisingly the myths make for very fascinating reading in and of themselves and certainly no study of world mythology is complete with them The additional scientific religious and literary points of view then are all wonderful bonuses There is a lot at work here As if the various stories from these disparate groups were not enough there are depictions of the artwork of the indigenous peoples photographs of a few of the Ayahuasca practitioners including Ginsberg a copy of a Brazilian watercolor depicting Ayahuasca a copy of an oil painting depicting visions induced by the plant and much more From the religion section there are hymns a plenty and from the literary section as much eloquent prose and spirited poetry as a reader is likely to find in any literary anthology **Otherworlds** David Luke, 2019-05-24 A comprehensive exploration of chemically mediated extra ordinary human experiences Scientist and psychonaut David Luke weaves personal experience and scientific research to create Otherworlds Psychedelics and Exceptional Human Experience Emphasizing parapsychological aspects of the psychedelic experience Luke s new book fills in a fascinating and previously neglected lacuna in the burgeoning field of human studies with these compounds Rick Strassman PhD A psychedelic Indiana Jones Matt Colborn PhD David Luke s delightful one liner about his book is that it s about weird people in weird places taking weird substances doing weird things and importantly having weird experiences On reflection it s much more profound than that So weird reader forge ahead without fear Dean Radin PhD In his fascinating book David plunges into this controversial topic and gives the backstory the front story and possible ways forward to bring paranormal and psychedelic research together and further our understanding of both Dennis J McKenna PhD A remarkable collection and a necessary one This body of research illuminates aspects of psychedelic experiences usually obscured or denied in the medical and clinical research and sensationalized in the popular press James Fadiman PhD A real Dr Gonzo Will Self Vipassana Meditation and Ayahuasca C. Clinton Sidle, 2024-12-24 Reveals how the author a long time Buddhist practitioner found ayahuasca to be a remarkable catalyst on his spiritual path ultimately reinvigorating his own practice Explores the ayahuasca ceremony process in depth detailing the author's multi session experience in Peru and best practices when taking ayahuasca Offers an introduction to Tibetan Buddhist practice

including a guided instruction to four progressive techniques of Shamata Vipassana meditation Over the last several decades serious study of Tibetan Buddhism and the use of Ayahuasca as an agent for spiritual growth have both become widespread in the West Though the two traditions originate in widely different parts of the world both are effective in working with the ego and creating a genuine spiritual opening Uniting these two paths C Clinton Sidle takes readers through his own journey as a long time but sometimes struggling Buddhist practitioner whose sojourn to Peru for a series of Ayahuasca ceremonies provided an invaluable shift in his own spiritual approach Sidle reveals how Ayahuasca was a remarkable catalyst in pointing out his self deception and psycho emotional obstacles which ultimately revitalized his practice and authentic presence in his daily life But as the author points out although a skillful means and a useful aid Ayahuasca is not a complete path on its own Introducing the calm mindfulness of Shamata Vipassana meditation as a sustainable developmental path to support and integrate the awakenings catalyzed by Ayahuasca Sidle emphasizes the complementary nature of both his work in Peru and his longer term studies in Buddhism He describes his own challenges with spiritual self deception and stagnation not uncommon on the Buddhist path shares how he integrated the lessons of his Ayahuasca experiences into his Buddhist practice and offers readers a methodical and guided introduction to four progressive techniques of Shamata Vipassana meditation Whether readers are long term seekers or novices this book can provide a singular means of aligning and reinvigorating the spiritual path toward an awakened life Mysterious Minds Stanley Krippner, Harris L. Friedman, 2009-11-12 An introduction to the scientific study of psychics and mediums those who are frauds those who are psychotic and those whose claims seem to defy easy dismissal Welcome to the world of Mysterious Minds The Neurobiology of Psychics Mediums and Other Extraordinary People Here experts in the emerging field of neurobiological study make the case that while many claims of psychic ability are easily proven false there may well be claimants who can obtain information in ways not easily explained by mainstream science and there might be scientific tools and approaches available to confirm those experiences Written by an expert team of distinguished investigators from a half dozen countries around the world Mysterious Minds introduces readers to the current state of research into parapsychological experiences emphasizing the neurobiological data obtained by those who claim to be psychics or mediums It offers specific examples of paranormal claims of extraordinary people claims scrutinized through the use of high tech brain imaging clinical neurological examinations and psychotropic drugs The book concludes by proposing a series of models based on fundamental neurobiology psychology and quantum physics that could help us unravel these mental mysteries The Jaguar Within Rebecca R. Stone, 2012-09-21 An important new way of viewing the prehistoric art of the Americas The Jaguar Within demonstrates that understanding a work of art s connection with shamanic trance can lead to an appreciation of it as an extremely creative solution to the inherent challenge of giving material form to nonmaterial realities and states of being Shamanism the practice of entering a trance state to experience visions of a reality beyond the ordinary and to gain esoteric knowledge has been an important part of life

for indigenous societies throughout the Americas from prehistoric times until the present Much has been written about shamanism in both scholarly and popular literature but few authors have linked it to another significant visual realm art In this pioneering study Rebecca R Stone considers how deep familiarity with and profound respect for the extra ordinary visionary experiences of shamanism profoundly affected the artistic output of indigenous cultures in Central and South America before the European invasions of the sixteenth century Using ethnographic accounts of shamanic trance experiences Stone defines a core set of trance vision characteristics including enhanced senses ego dissolution bodily distortions flying spinning and undulating sensations synaesthesia and physical transformation from the human self into animal and other states of being Stone then traces these visionary characteristics in ancient artworks from Costa Rica and Peru She makes a convincing case that these works especially those of the Moche depict shamans in a trance state or else convey the perceptual experience of visions by creating deliberately chaotic and distorted conglomerations of partial inverted and incoherent images Darwin's Pharmacy Richard M. Doyle, 2011-10-01 Are humans unwitting partners in evolution with psychedelic plants Darwin's Pharmacy shows they are by weaving the evolutionary theory of sexual selection and the study of rhetoric together with the science and literature of psychedelic drugs Long suppressed as components of the human tool kit psychedelic plants can be usefully modeled as eloquence adjuncts that intensify a crucial component of sexual selection in humans discourse Psychedelic plants seduce us to interact with them building an ongoing interdependence rhetoric as evolutionary mechanism In doing so they engage our awareness of the noosphere or thinking stratum of the earth The realization that the human organism is part of an interconnected ecosystem is an apprehension of immanence that could ultimately benefit the planet and its inhabitants To explore the rhetoric of the psychedelic experience and its significance to evolution Doyle takes his readers on an epic journey through the writings of William Burroughs and Kary Mullis the work of ethnobotanists and anthropologists and anonymous trip reports The results offer surprising insights into evolutionary theory the war on drugs the internet and the nature of human consciousness itself Watch the book trailer https www youtube com **Shamanism Made Easy** Christa Mackinnon, 2021-10-05 Reconnect with your authentic self and watch v xof t2cAob4 bring meaning back into your life with the ancient time tested wisdom of shamanism This book is a fantastic and comprehensive introduction to shamanism by a leading expert and teacher on the subject Shamanism is the oldest and most enduring spiritual wisdom tradition on Earth It offers powerful practices for healing and finding wholeness and is appealing to a whole new generation of spiritual seekers Shamanism Made Easy written by a much loved university psychotherapist and shamanic teacher explains the subject in a clear and easily digestible format and shows why these deeply transformative techniques are so needed in our challenging times In this book the reader will learn amongst many things how to build an altar and create a sacred space conduct ceremonies and design a daily ritual connect with spirit helpers ancestors and descendants and use dance as a tool for awakening and freedom Above all readers will learn what it is like to undergo

transformative journeys for personal healing and development This book was previously published within the Hay House **Searching for the Philosophers' Stone** Ralph Metzner, 2019-01-01 A deeply personal account of the Basics series scientific shamanic and metaphysical encounters that led to the development of Metzner's psychological methods Recounts the author's meetings and friendships with Albert Hofmann Alexander Shulgin the McKenna brothers Wilson Van Dusen Myron Stolaroff and Leo Zeff Details his lucid dream encounters with G I Gurdjieff profoundly healing sessions with Hawaiian healer Morrnah Simeona experiences with plant teachers iboga and ayahuasca and ecological and mystical lessons learned from animal teachers Shares his involvement in the beginnings of the therapeutic use of MDMA and how it safely and effectively supports the healing of trauma PTSD and interpersonal relationships Just as the search for the philosopher's stone is the core symbol of the alchemical tradition Ralph Metzner Ph D psychotherapist and one of the respected elders of the psychedelic research community sees it as the central metaphor of his life long quest to find methods of healing and insight through heightened states of consciousness Through captivating stories Metzner shares his encounters from the 1960s through the 1990s with genius scientists shamanic healers mystics plant spirits and animal guides that led to the development of his alchemical divination psychological methods a structured intuitive process of accessing inner sources of healing and insight He details lessons learned with psychedelic research legends Albert Hofmann Alexander Shulgin Terence McKenna and Dennis McKenna He reveals his deeply healing encounters with the Kahuna bodywork healer Morrnah Simeona the first to introduce the Hawaiian Ho oponopono healing method to the West and his experiences with West African trance dancing and the psychoactive plant drug iboga Metzner recounts in vivid detail his unwelcome encounter with malignant sorcery during an ayahuasca experience in Ecuador and the lessons it taught him about connections with spirits both harmful and beneficial He tells of his involvement in the beginnings of the therapeutic use of MDMA and shows how it is an effective and safe substance to support psychotherapy for healing trauma PTSD and interpersonal relationships In sharing his remarkable encounters Metzner shows how the most meaningful lessons in the alchemy of life come not only from the geniuses we meet but also from the spirits we encounter along the way

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